


April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				4/1 Baked Haddock Rice Pilaf, Broccoli Florets, Ww roll, Chocolate Mousse
4/4 Meatball Sub Seasoned Wedges Peas/Carrots Tropical Fruit Cup	4/5 Salisbury Steak Mashed Pot. w/gravy French Style Beans ww bread Baked Apples	4/6 Sweet & Sour Pork Over Brown Rice Oriental Blend, Corn Muffin, Pineapple Tidbits	4/7 Turkey Divan w/Penne Pasta Harvard Beets Garlic Roll, Brownie	4/8 CHEF'S CHOICE 
4/11 Monterey Jack Chicken Red Garlic Mashed Cheesy Broccoli Italian Bread Lemon pudding	4/12 Pepper Steak w/Rice Cauliflower Ww bread Applesauce	4/13 Sausage & Gravy Mashed Potatoes Glazed Carrots Country Biscuit Cinnamon Pears	4/14 Ham w/Raisin Sauce Sweet Potatoes Mixed Vegetables Dinner Roll, Ice Cream	4/15 Macaroni & Cheese Stewed Tomatoes Banana Muffin Assorted Dessert
4/18 Breakfast Sandwich (egg, bacon, cheese) English Muffin, Home Fries, Fresh Grapes	4/19 Italian Sausage w/peppers, onions Red Parslied Pot. Brussel Sprouts, roll Strawberry Fluff	4/20 Chili Green/Yellow Beans Corn Muffin Packet of Saltines Chocolate Chip Cookie	4/21 Roasted Turkey Mashed Potato w/gravy, Butternut Squash Stuffing, WW roll, Fruit Crisp w/topping	4/22 CHEF'S CHOICE 
4/25 Boiled Dinner (ham, cabbage, carrots & potatoes) Cinn. Raisin Muffin Raspberry Filled cookie	4/26 Chicken Stir Fry Brown Rice Sugar Snap Peas Rye Bread Mandarin Oranges	4/27 Cold Meat/Cheese Sub w/lettuce, tomato & pickles, Mac Salad Chips, Fruit Salad	4/28 Homestyle Meatloaf Mashed Pot. w/gravy, Country Blend Veg Cheddar Biscuit Poke Cake w/topping	4/29 Baked Ziti w/ Meat Sauce Garden Salad Garlic Roll, Waxed Beans, Peaches

ST. LAWRENCE COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

Nutrition Centers Located in Brasher, Canton, DeKalb, Gouverneur, Morristown, Ogdensburg, Potsdam and Star Lake

Suggested Contribution: \$3.00 (age60+) Guest Fee \$5.—(Under 60) No eligible client will be turned away due to the inability or unwillingness to contribute.

MENU IS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE. For more information contact NY Connects (315-386-4730)